



Diabetes and Healthy Eating



Overview

If you have diabetes, you know it's important to keep your blood glucose level within a safe range. One of the best ways to do this is by eating a healthy diet. Let's take a few minutes to learn about some good eating habits that can make a difference for you.

What to eat

First, know what to eat. It's best to get your proteins from lean meats and fish, and from vegetarian options like tofu, beans and peas. Eat foods that are rich in fiber. Eat healthy carbohydrates, which can be found in fruits, vegetables, whole grains, legumes and low-fat dairy products. And eat foods that contain "good" fats, like avocados, almonds and olives.

What to avoid

You also need to know what to avoid. Steer clear of saturated and trans fats. Limit your sodium and cholesterol intake. Because carbohydrates are broken down into glucose in your body, be sure to watch how many carbs you eat. And avoid fried foods and processed snacks. Focus instead on preparing fresh meals at home.

How often

How often you eat matters, too. For many people with diabetes, it's helpful to eat four to six smaller meals a day instead of two or three large ones. And it's important to eat your carbs at regular times so you don't cause blood glucose spikes.

Conclusion

Finally, know that there is no one-size-fits-all diabetes diet. There are many eating plans to choose from. Some may work better for you than others. Before you make any changes to your diet, talk to your doctor.